

A partnership aimed at building and strengthening the Rainier Valley by increasing the health of its residents through culturally relevant promotion of physical activity and nutrition.

Mini-grant Updates

Walk Around the World, 98118



Mari and Hilary presenting at kick-off party in June

“Walk Around the World, 98118”, a virtual trek around the world now has 160 participants and has walked 4,200 miles. Participants keep track of their mileage and submit logs. The miles of all participants will be added up and there will be four destination parties to mark the miles.

The next destination party will be at the SE Senior Center on September 7th.

For more information please contact Ruth Egger at eggerr@u.washington.edu.

Rainier Valley Heritage Parade and Bite of the Valley



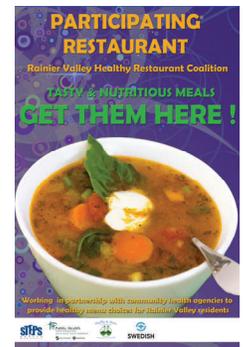
The “Bite of the Rainier Valley”, held Saturday, August 18th in conjunction with the Heritage Parade was a collaboration between HARVC and the Rainier Chamber of Commerce.

Over 500 people came and restaurants and attendees enjoyed the event.

Healthy Restaurants

Eighteen restaurants are working with nutritionists on healthy menu items. Posters and brochures are nearing completion and the YMCA is providing day passes to be given to patrons who choose the healthy menu options.

Goal is to finish initial work by the end of September.



Rainier Health and Fitness



Blinds have been installed and attendance by women desiring more privacy is up. Vietnamese and Spanish translations for “Women’s Only Night” flyers are done and Somali is being worked on.

Shop Arounds



Three peer educators are leading tours at Safeway on Mondays and Thursdays from 11:30-12:30.

A second training class was held for interested educators in July.

Eat Better, Feel Better

Laptops have been purchased for two nutrition and physical activity champions to be based at John Muir and Emerson elementary schools.

Ongoing Projects

Rainier Beach “In Motion”



Rainier Beach residents can now reduce car trips and receive bus tokens and certificates to encourage them to make healthier transportation choices.

For more information visit the website: at:w.metrokc.gov/kcdot/transit/inmotion/

Latino Health Outreach

“Tres Historias de la Vida” was held last November followed up by a diabetes education day.



Work continues to improve pedestrian safety at the intersection at Oregon and Rainier Ave. S ..

Iglesia participated in the recent “Bite of the Rainier Valley”.

Community Kitchen

We’re a group of individuals meeting to cook healthy and nutritious meals at a local kitchen.

We’ve had two sessions so far at the Rainier Community Center and both have gone well.

Apple butter, sauce and pies will be 9/12 and a meal session will be 9/27.



Contact Diana for more info..

Upcoming Events

2nd Annual Sound Steps Walk N’ Roll



September 12th from 10 to noon at Seward Park.

This exciting FREE event is open to any adult age 50+. Music, prizes, snacks, and a funwalk around Seward Park--it's all included. Participants can choose to walk 0.5, 1, 1.5, 2, or 2.5 miles, celebrating their health and their summer walking accomplishments. Wheelchairs are welcome.

Community Fruit Harvest

Common Ground has a community harvest program to get fruit to shelters, clinics and food banks. For more information contact Gail Savina at gails@solid-ground.org.



- **Healthy and Active Rainier Valley Coalition meetings** third Wednesday of the month at Rainier Community Center from 1-2:30 pm
- **Columbia City Farmer’s Market** starts 5/2, Wednesdays from 3-7,
- **Apple sauce, apple butter and pie making** Rainier Community Kitchen, 9/12 from 5-7 pm. E-mail Diana at Diana.vinh@metrokc.gov to sign up.

Members



- Genesee Merchant’s Assoc.
- AARTH Ministries